

Psychotherapy Written Case Patient Eligibility Criteria

Patient Name:

Referring Practitioner:

Date:

For the purposes of the RANZCP assessment and given the psychiatry registrar's stage of training, please ensure your patient meets all the criteria in the "Physiological" and "Safety" domains of the Maslow's Hierarchy of Needs pyramid. So:

- no drugs or alcohol for at least 2-3 months (there is no point doing formal psychotherapy with someone who can't remember things from one session to another because they are permanently drunk or stoned)
- no acute mental health issues (risk of harm to self or others should only be low to medium). Any acute mental health issues e.g. clinical depression, should be stabilised and mostly in remission.
- no eating disorder patients
- no untreated, acute medical issues, and no ongoing, chronic, debilitating medical conditions
- the patient has to be physically and emotionally safe in the present (e.g. not be currently in a domestic violence situation)
- no uncertainty Re: job, finances, accommodation
- no current forensic issues or significant past forensic history
- not a current university student with a history of coping poorly during exam times
- no ongoing medico-legal claims (there will be no chance of your patient getting well if there is a current claim)
- no active, justified concerns regarding a loved ones welfare

In addition:

- the patient commits to see the registrar for at least 40 sessions
- the patient is agreeable to not see any other therapist for the duration of the 40 sessions

The patients who may preferentially respond to psychodynamic psychotherapy are those with:

- Some degree of developmental trauma
- Ongoing, chronic, moderate level of depressive or anxiety symptoms